

An illustration of a vintage car driving on a winding road that leads towards a building with a sign that reads "OVERHAULING AND REPAIRS". The scene is framed by a large tree on the right and a smaller tree on the left. The text "An Ounce of Prevention" is written in a stylized font inside a shield-like shape on the left side of the illustration.

An
Ounce
of
Prevention

OVERHAULING
AND
REPAIRS

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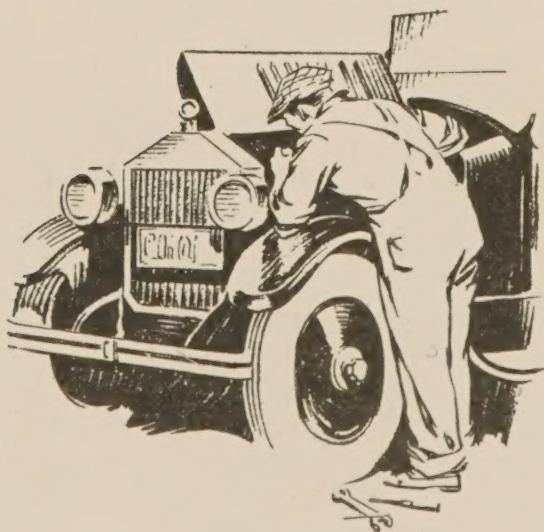
The Man and The Motor

NO MAN who knows anything about motor cars, would attempt to drive his automobile even one whole season without overhauling it, assuring himself that the brakes were holding, and that cylinders and bearings were working. He prefers repair expenses to total loss.

But he often uses that other mechanism, the human body—worth many, many times the cost of the best automobile—for ten or twenty years without having it tested or examined.

And yet, in an engine, the worn-out parts can be replaced at the cost of time and money. No amount of time and money can replace the worn-out parts of the human mechanism.

A periodic overhauling of your body will keep it running smoothly long after indifference would have scrapped it.



Look after your human engine if you would enjoy riding along the Road of Life.



Don't Wait for Symptoms

SOME men believe that "where ignorance is bliss, 'tis folly to be wise." Such a man boasts, "I have never been to a doctor in my life! There is nothing the matter with me!"

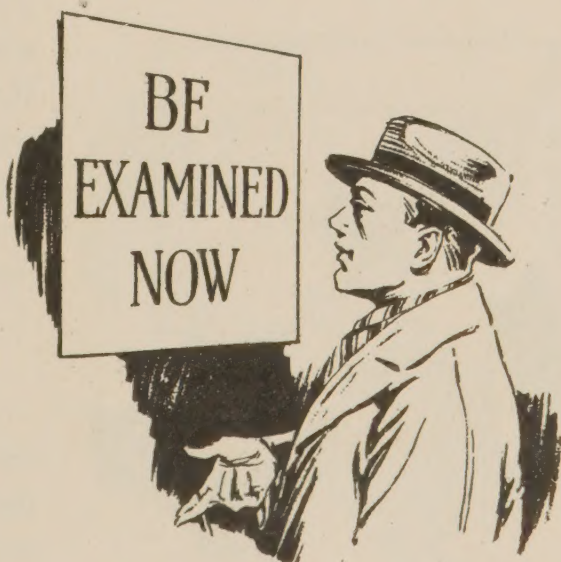
Then ill health overtakes him, and he is forced to see a doctor only to find that it is too late.

When you have headaches, your eyes blur, or you grow tired under slight exertion, do you frankly admit that these are danger signals? Perhaps. Or do you try to find some excuse, such as the weather, over-work, financial worries or the blues?

When you hear these S. O. S. signals which your impaired organs are sending out to warn you of the danger ahead, give your doctor a chance to treat you before it is too late.

Do not be afraid to face the facts now. Go to a doctor and find out if there is anything wrong. If you have impairments, he will tell you. If not, you will have the happy satisfaction of knowing that you are a well man.

Be examined now.



Take a Health Inventory

GO TO THE DOCTOR

Go to a reliable doctor once a year for a thorough examination. If there are any impairments, he will point them out and tell you how to correct them, or how to prevent their developing.

GO TO THE DENTIST

Go to the dentist every six months and have your teeth cleaned and examined. The dentist will fill small cavities that otherwise would grow larger, and cause you pain or perhaps severe illness in later life.

GO TO THE OCULIST

Have an eye specialist test your eyes every few years. He will tell you whether you need glasses. Reading glasses worn now while reading may save wearing them all the time a few years later, or perhaps may even prevent blindness.



If you are physically fit, the satisfying knowledge is well worth the cost of an examination.

Avoid Amateur Diagnosis

WHEN you do not feel well do not attempt to build up your body by forcing yourself to take exercise or by eating selected foods which you think you need.

When symptoms appear which make you feel the necessity for care, you have delayed too long in seeing the doctor. Go to him at once for an examination. You may have an impairment which will be aggravated by exercise, or by the diet you are following.

The corner druggist, your neighbor, you yourself, are unfit to diagnose your case or prescribe remedies.

Patent medicines, unless prescribed by a physician, should never be taken.

Only a physician should be entrusted with the care of a human body.

Be Examined by a Doctor.



Dead Wood or Live Wire

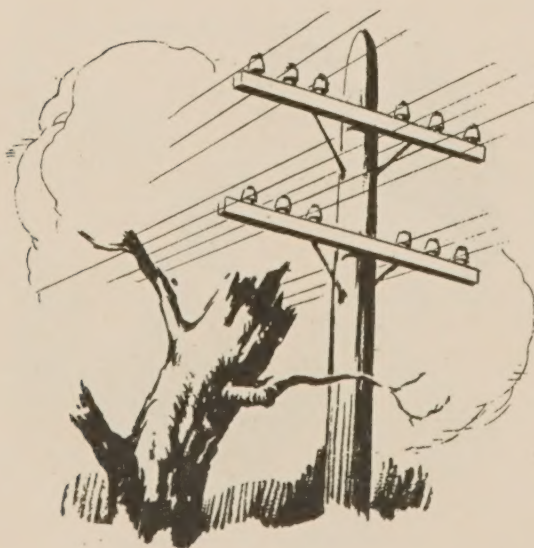
WHEN you have passed 50, will people say of you, "He's dead wood" or "He's a live wire"?

Will your firm some day have to decide what to do with you—keep you on as an incumbrance in your old position because of past services, or place you in an inferior position, or even lay you off?

If the time comes when you are labelled "dead wood," you will feel that injustice has been done; that old men are treated unfairly.

But think of the many "old men" who hold important positions, men who are active and clear-headed as they were twenty years ago! At 70 they are Presidents of banks, or big corporations—leaders of progress.

Those who are being weeded out are not the "old men." They are the "wornout men." Not necessarily men who have worked harder; but men who have failed to conserve their energies and make repairs along the way; men who have failed to look ahead.



"Keep Alive!"

What Examinations Reveal

IN the first Army draft in 1917, 33 per cent of the men between the ages of 21 and 31—supposedly man's most vigorous years—were found unfit. In the second draft, 30 per cent were rejected for service.

A study of the defects showed that 60 per cent of them were preventable and remediable.

Of all those examined by the Government between the ages of 18 to 45, more than half were found to be in need of medical care.

In one year 7,530 men and women employed by the Metropolitan, were examined; 1,880 were found to have some physical impairment. A year later this group was re-examined, and it was found that more than half of these impairments had been overcome.

By correcting the small defects which your examination may reveal, you will keep fit for work or play.



Our Hundred Per Cent Dividends

IF you could invest your money with absolute safety, and could make it earn 100 per cent would you do it?

The money which the Metropolitan Life Insurance Company has spent on physical examinations for its Ordinary Policy-holders has brought in more than 100 per cent.

Among Policy-holders who were examined, at the Company's expense, the death rate has been 28 per cent lower than was expected.

In one year 17,000 policy-holders were examined. The findings show an astonishing number of impairments, many of them unknown to the policy-holders, until the examinations revealed them.

About 20 per cent were found to have some form of heart trouble. It is hard to overestimate the value to an individual of knowing such a fact about himself. Thirteen per cent were found to be over-weight. This fact becomes most significant when we learn that among the overweights, 55 per cent required medical or surgical treatment, whereas among persons of normal weight, only 18 per cent required such care.

Be examined on Your Birthday

